



GREENBELT Senior Resources

VOLUME 2 EDITION 1

JULY 2010

SPECIAL POINTS OF INTEREST:

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Greenbelt Assistance in Living Program

The goal of this program is to provide information and support to enable seniors to remain in their homes. The Greenbelt Assistance in Living Program was established in 2001 and is available to senior citizens residing in the City of Greenbelt, Maryland and/or caregivers of a Greenbelt senior. This program is staffed by a Community Resource Advocate who coordinates and provides information about, and referrals to, appropriate agencies and community resources for adult residents, caregivers or family members of the Greenbelt community; assists clients in making informed choices about their health and wellness options; serves as a liaison between the resident and service provider; evaluates the social services needs of each client; and provides support and training resources to caregivers. The Community Resource Advocate develops and implements programs that relate to the specific needs of seniors. Please look for additional resource information in the Senior Resource of the Month column, featured in the *Greenbelt News Review*, the *Ask The Expert* Cable Show featured on Channel 71, the *GAIL Guide*, a quarterly resource newsletter available to GAIL participants and the City of Greenbelt website www.greenbeltmd.gov. If you would like additional information about the Greenbelt Assistance in Living Program, please contact Christal Batey, Community Resource Advocate at 301-345-6660 ext. 2012 or email her at cbatey@greenbeltmd.gov.

Greenbelt Senior Center Program

The Greenbelt Senior Center is open to senior citizens, ages 60 and over, during regular Community Center operating hours. The center includes a Senior Game Room, lounge, and classrooms. It offers educational opportunities, trips, Golden Age Club meetings, hot meals M-F, and other leisure and fun activities designed specifically for senior citizens. For more information or to sign up for a variety of exciting activities please call Karen Haseley at 301-397-2208 .



Food and Friendship,
who could ask for
more.

The Greenbelt Senior Nutrition Program

The Senior Nutrition Program serves hot lunches Monday through Friday in the commercial kitchen at the Greenbelt Community Center - 15 Crescent Road, Greenbelt, MD. Senior citizens must reserve a hot lunch at least a day in advance to ensure that enough meals are delivered. Meal donation requested is \$2.25. Please call 301-397-2208 ext. 4215 to make reservations. Meals are also served Monday, Wednesday and Friday at Green Ridge House - 22 Ridge Road, Greenbelt, MD. This program is for Green Ridge House residents only. For Green Ridge House residents interested in enrolling please contact Sharon Vanzego, Service Coordinator at 301-412-2480.

Free Mobile Counseling Service

Julia Frank, LGSW - GAIL Program Geriatric Case Manager and Counselor will provide free counseling sessions for up to 6 months for Greenbelt residents 60+ or disabled adults 50+ and their caregivers. Counseling services will be offered in the GAIL Program office-25 Crescent Road, Greenbelt, MD 20770 - 2nd floor but in home counseling will be provided on an as needed basis. Counseling services will be provided Monday - Friday with evening hours available by appointment on Wednesdays or Mondays. To schedule an appointment please contact 301-345-6660 to complete a new client intake form.

The Greenbelt Connection

The City of Greenbelt provides a limited transportation service within Greenbelt utilizing a 10 passenger, wheelchair accessible van. Service is available to all residents of Greenbelt. To arrange for transportation, call 301-474-4100 at least 24 hours before you need a ride. The hours of operation are Monday—Friday from 8:30 am—4:00 pm. Sunday bus service begins an hour later. For senior citizens, individuals with disabilities and children (6-18 years of age), the fare is \$1.00. For all other citizens, the fare is \$1.75. The Greenbelt Connection does not operate on holidays observed by the City.



Differently Abled Support Group

An 8-week support group offered every spring to Greenbelt residents with physical and mental disabilities. The goal of the group is to connect members of the community to one another in a supportive and confidential environment. The themes and issues discussed during the duration of the group will be centered on mental health, general well-being, and common issues of the members. Enrollment will begin in February of each year. For additional details please contact Julia Frank, LGSW, GAIL Program Case Manager/Counselor at 301-345-6660 ext. 2012

Community Nursing Program

The Community Nursing Program is a partnership between Bowie State University School of Nursing and Washington Adventist University School of Nursing and the Greenbelt Assistance in Living Program. This free program is open to Greenbelt seniors age 60+ or disabled adults 50+. Participants will receive up to 10 home visits from student nurses.

Free services offered include: bathing assistance, blood sugar monitoring, assistance with finger sticks, health education, vital signs monitoring, patient advocacy with health care professionals and medication management. This program is offered during the fall. For more details please call Christal Batey at 301-345-6660 extension 2012.

*"Sometimes
you need just a
little assistance
and the
Community
Nursing
Program has
been
invaluable."*

Ask the Expert Cable Show

Ask the Expert Cable Show is a monthly taped cable show filmed at Green Ridge House - 22 Ridge Road, Greenbelt, MD 20770 at 11:00 am on the third Tuesday of the month. Each month a local expert provides information on a health related or community resources for the live audience. Ask the Expert is taped and shown on Comcast Channel 71 and Fios Channel 21 on Tuesdays and Thursdays at 10:00 am and 6:00 pm. If you would like to register to attend a show and do not live at Green Ridge House, please contact Sharon Vanzego, Green Ridge House

Service Coordinator - 301-412-2480 to add your name to the list of guests.





"I need to know more about a contractor before I let them into my home."

"Depression Screening Day has been instrumental in providing residents with the mental health resources they need."

"With the cost of produce this program is a life saver."



The Consumer Checkbook

Have you ever wonder how to choice a contractor for service in your home? This new program provides GAIL participants with their unbiased rating based on in-depth evaluations of thousands of firms. You will also find advice on how to size up firms, deal with the firms you select and how you might be able to do work yourself, so you wouldn't need to hire a firm at all. As a program participant you will have online access to Checkbook magazine articles published since the time your subscription began as well as previous articles. In addition to firm ratings you will also have access to "Consumer Information Exchange" where subscribers can post their recommendations on a host of services plus their Guide to Top Doctors and the Guide to Top Hospitals. To enroll please contact the GAIL office at 301-345-6660 ext. 2012

Depression Screening Day

Depression screening day is an annual free event that provides Greenbelt residents with the opportunity to receive free mental health screening services for Depression, Anxiety, Bipolar, Mood Disorders and Post Traumatic Stress Syndrome. Screenings are conducted at the Beltway Plaza Giant Pharmacy and Green Ridge House Senior Apartments. Participants will have access to a mental health professional after completing the screening and crisis response services will be available if needed. The City of Greenbelt also offers free on line screenings and referrals all year via the City of Greenbelt website at www.greenbeltmd.gov.

Free Summer Produce for Seniors

During the months of June –September the GAIL Program in partnership with the Capital Area Food Bank provides free produce to 150 senior families and disabled adults. Distributions are conducted on the fourth Thursday of the month and residents must sign up annually to participate in the program. Produce is distributed at Green Ridge House –22 Ridge Road, Greenbelt, MD. Enrollment announcements will be announced via the GAIL Guide mailing list and the Greenbelt News Review. Please contact the GAIL office for more details - 301-345-6660 ext. 2012.

G.I.V.E.S.



**EVERY-
ONE
NEEDS A
HELPING
HAND
SOME-
TIMES.**

Greenbelt Intergenerational Volunteer Exchange Services is a volunteer organization primarily composed of people living in and around Greenbelt who are willing to provide free assistance to seniors and persons with disabilities. Volunteers earn care credits to exchange for services they may need in the future.

Services included transportation to doctors, grocery shopping, assistance with minor home repairs, pet sitting, meal preparation, light cleaning and more. If you would like to learn more about G.I.V.E.S., would like to receive services, or to volunteer please call 301-507-6590.

“Trying to work through the mental health maze can be overwhelming, having great resources is essential.”

Mental Health Matters Cable Show

Mental Health Matters is a quarterly cable show hosted by Julia Frank, LGSW - GAIL Program Geriatric Care Manager. The show features interviews with Mental Health Professionals that will provide resources to assist viewers access mobile mental health services, explore community providers, support groups research studies and more. Mental Health Matters can be viewed on Greenbelt Cable Channel 71 on Comcast and 21 on FIOS. Please look for program listings in the City of Greenbelt section of the Greenbelt News Review. If you have a program topic or suggested guest for our panel please contact Ms. Frank at 301-345-6660 ext. 2022.

Caregiver Support Group

The Caregiver Support Group provides support to people providing caregiving services to friends or family members with chronic health or mental health conditions. Julia Frank, LGSW, GAIL Program Case Manager/ Counselor will be facilitating the group the second Wednesday of the month, from 6:15 -7:45 pm in the Municipal Building -25 Crescent Road, 2nd Floor Council Room, Greenbelt, MD. If you are interested in participating please call Julia Frank at 301-345-6660, extension 2022 prior to attending a session.





Quality care is just a phone call away.

"The items provided by the Adaptable Equipment Program have made my life so much easier."



The Preferred Provider Program

The Greenbelt Preferred Provider Program was designed by the Greenbelt Assistance in Living Program (GAIL) and the Friends of the Resource Advocate (FORA). The goal of this program is to provide eligible Greenbelt residents access to affordable quality home healthcare services at a below market rate.. The first program of its kind in Maryland, the Preferred Provider Program is another tool in the GAIL Program's array of services to help keep residents in their homes. Advantages of the Preferred Provider Program are: guaranteed best prices, providers evaluated by The Greenbelt Home and Health Care Study Group, multiple payment options include Medicare, Medical Assistance, Private Pay, and Long Term Care Insurance Plans and random Greenbelt resident satisfaction surveys will be conducted. To receive additional information about the Preferred Provider Program please call 301-345-6660 extension 2012.

The Adaptable Equipment Program

The GAIL program has partnered with GIVES, Green Ridge House, and Greenbelt Homes, Inc. to offer Greenbelt residents assistance in receiving adaptable equipment for their homes. Eligible applicants will have a choice of two of the following items: Raised toilet seats, shower transfer benches, shower chairs, handheld showers, toilet safety frames, tub grip bars , smoke detectors and non-skid bath mats. A sliding scale is used to determine if their will be a co-pay for the equipment. If you would like to receive a brochure, please contact the GAIL Program office at 301-345-6660 ext. 2012.

The Senior Resource of the Month

Each month the Greenbelt Assistance in Living (GAIL) Program submits a column to the Greenbelt News Review to keep readers informed about pertinent information, deadlines or upcoming events relevant to Greenbelt seniors, their families or caregivers. If you missed an edition of the Senior Resource of the Month it is available on line at the City of Greenbelt website—www.greenbeltmd.gov.

The Benefits Check Up



Developed and maintained by The [National Council on Aging](#) (NCOA), BenefitsCheckUp is the nation's most comprehensive internet-based service to screen for benefits programs for seniors with limited income and resources. BenefitsCheckUp includes more than 2,000 public and private benefits programs from all 50 states and the District of Columbia such as: Prescription drugs, Nutrition (including Supplemental Nutrition Assistance (SNAP)/Food Stamps), Energy assistance, Financial, Legal, Health care, Social Security, Housing, In-home services, Tax relief, Transportation, Educational assistance, Employment and Volunteer services. If you would like to complete a benefits checkup from the privacy of your home you can find the screening at www.benefitscheckup.org. Please note the screening does not require any personal information such as name, social security number or your phone number.

*Greenbelt
adults 55+
should have a
benefit check
up annually
just like a
physical.*

Green Ridge House

Green Ridge House (GRH) is a HUD Section 8 –202 apartment for seniors age 62 + or disabled adults owned by the City of Greenbelt. Green Ridge House has 101—1 bedroom apartments. Amenities include: On site beauty shop, green house, ceramic room, exercise room, computer room, social activities, a library, a service coordinator to link residents with benefits and resources, and free use of the Zip car. Green Ridge House is located at 22 Ridge Road, Greenbelt, MD and income guidelines do apply. Currently, Green Ridge House has a waiting list. Please look for announcements in the Greenbelt News Review and the Gazette for opportunities to add your name to the list. For additional information please contact 301-474-7595.



The Governor's Wellmobile

Nurse Practitioners see patients and provide services for: Sick visits (by appointment or walk-in), physical exams for children, men and women, including school and sports physicals and simple screenings, including blood pressure and vision, female pap smears and prostate screenings for men. Social Workers and Outreach Workers provide referrals for: Primary care providers and doctors, emergency services and assistance with applications for insurance and other governmental assistance. You are eligible for services if you: Do not have medical insurance, are not covered by Medicare or Medicaid, have insurance with limited coverage or a high deductible and do not qualify for other state and federal health care programs. For more information or to schedule an appointment call 1-866-228-9668.

The GAIL Guide

*The GAIL Guide is now
available on the internet at
www.greenbeltmd.gov.*

The GAIL Guide is a quarterly publication geared toward seniors, disabled adults and their caregivers. This free publication provides readers with exciting information about new programs, opportunities, grants and resources to make aging in place in Greenbelt easier. If you would like to receive a copy of the GAIL Guide please contact the GAIL Program Office at 301-345-6660 ext. 2012 or if you would like to receive a electronic copy sent to your email box please follow these steps: 1. Visit the City of Greenbelt website www.greenbeltmd.gov 2. Scroll down to the section of the front page entitled Publications. 3. Click on the section marked GAIL Guide. This will allow you to read the GAIL Guide on line. 4. Complete the on-line registration form to receive the GAIL Guide delivered to your email box quarterly. Your support of this green effort would be greatly appreciated.



The Brown Bag Food Program

This food program is a partnership with the Capital Area Community Food Bank. It offers seniors on a fixed income the ability to supplement their existing food budget through the distribution of nutritious non-perishable food items and toiletries. Participants receive a minimum of one bag of supplemental food and toiletries each month. Participants pick up their distributions on the third Tuesday of the month at the GAIL office - 25 Crescent Road on the second floor. Green Ridge House residents pickup their bags in the lobby of the building and homebound residents have their bags delivered to their door. The goal of this program is to offer seniors the opportunity to get out of their homes and socialize in addition to supplementing their diet. For the \$10.00 suggested donation, you receive 12 bags of groceries over the course of the year at a cost of 83 cents per bag. Income guidelines do apply. If you would like to receive an application and learn more about the Brown Bag Program please call Sharon Vanzego at 301-412-2480.

